

## ABSTRACT

An optical disk and a method for identifying the optical disk are provided which make it possible to  
5 identify a recording system of the optical disk easily in a short time by a recording and reproduction apparatus when a groove-recording system and a land-recording system are both employed in one kind of optical disk, for, example, a BD-R. Specifically, the polarity upon reproducing the  
10 wobble information is made to be the same in both of the optical disk of groove-recording system and the optical disk of land-recording system. The recording system of the optical disk that shows the same wobble polarity irrespective of the recording system can be easily detected  
15 by finding a tracking polarity that can recognize the wobble information by changing the tracking polarity, whereby the start-up time of the recording and reproduction apparatus can be shortened.